All the Forest is the best Medical School!!

That predisposition which exposes the human frame to the infection and virulence of all the acute, generally directly or indirectly from the disordered state of the digestive organs, by the poor Blood, Bilious and Morbid condition of the Stomach and Bowels.

DR. HALSEY'S GUM-COATED FOREST PILLS.

(A therapeutic preparation of wonderful efficacy.)

These Pills are prepared from the best Sarsaparilla, combined with other Vegetable properties of the highest Medicinal virtue. They are warranted not to contain any Mercury or Mineral whatever. They purge without griping, nauseating or wounding; can be taken at any time without hindrance from business, or change of diet, or danger of taking cold. They neither have the taste or smell of medicine, and are five times more effectual in the cure of disease than any Pills in use.

But a short time has elapsed since these great and good Pills were first made known to the public, yet thousands have already experienced their good effects. Invalids given over by their Physicians as incurable have found relief, and been restored to sound and vigorous health from their use.

TO FATHERS OF FAMILIES.

Bile and foul state of the stomach combine more sickness and deaths in families than all other causes of disease put together. In the latter part of Summer and Autumn, when the atmosphere everywhere is poisoned from miasma, arising from stagnant pools and decayed vegetation, whole families are taken down by Malignant Fevers, Fever and Ague, and other dangerous disorders, all proceeding from a bilious and foul state of the stomach. No parent can be so ignorant as not to know the great danger existing from biliousness—no parent would be guilty of causing the

DEATH OF THEIR OWN CHILDREN!!!

Yet thousands of children and adults die every year through neglect of parents to attend to the early symptoms of bile and foul stomach.

Superfluity of bile may always be known by some unfavorable symptom which it produces, such as sick stomach, headache, loss of appetite, bitter taste in the mouth, yellow tint of the skin, languidness, costiveness, or other symptoms of a similar nature. Almost every person at this season of the year is bilious, the neglect of which is sure to bring on some dangerous disorder, frequently terminating in death. A single 25 cent box of Dr. Halsey's Gum-coated Forest Pills are sufficient to keep a whole family from bilious attacks and sickness from six months to a year. A single dose, from 1 to 3, of these mild and excellent Pills for a child, from 3 to 4 for an adult, and from 5 to 6 for a grown person, carry off all bilious and morbid matter, and restore the stomach and bowels, curing and preventing all manner of bilious sickness and many other diseases.

SALTS AND CASTOR OIL.

No relief can be placed on Salts or Castor Oil. These, as well as all common purgatives, pass off without touching the bile, leaving the bowels costive and the stomach in as bad condition as before. Dr. Halsey's Forest Pills act on the gall ducts, and carry all morbid bilious matter from the stomach and bowels, leaving the system strong and buoyant, mind clear, producing permanent good health.

Dr. Halsey's Forest Pills are unlike all others. They act directly on those vital organs of the Stomach, Liver, Kidneys, &c., which secrete the fluids of the body and separate the impurities from the blood. While they purge all bilious and morbid matter from the stomach and bowels they cleanse and renew the blood, thereby destroy the seeds of disease. The Forest Pills do not weaken, but give strength and animation to both body and mind. They neither cause griping nor any inconvenience whatever, and the patient is better able to attend to business while under their influence than before taking them. They are mild in operation, yet powerful in restoring health.

The great amount of good these Pills have done for the sick and afflicted, have induced thousands to commend them to their friends and the public. Individuals of character and integrity in almost every part of the country have testified to the world in favor of their great effects in curing disease.

Testimonial after testimonial showing their great powers of curing in almost every class of disease have been tendered to us by individuals of undoubted character and respectability. The following testimony is from a respectable and wealthy farmer residing near Utica, New York:—

UTICA, November 9, 1848.

Dr. G. W. HALSEY.—Every fall, for several years back, I have had much sickness in my family, of Bilious Disorders, and Ague and Fever. In the fall of 1845 two of my sons were taken at the same time with Bilious Fever. In between two and three weeks' sickness occurred to my family, when I was induced to try the Forest Pills. I got six boxes having two boxes of your Forest Pills in the house, I concluded to try them. I gave to each of them six Pills, and one hour after I gave them three Pills more. They soon operated, bringing away much black and green matter. On the following day the fever had left them, and they both recovered without any more medicine. Since this time I have always kept your Pills at hand, and to all cases of sickness we have used them with the most happy results.

(Signed) ISAAC B. GOODHOE.

NOTICE TO THE PUBLIC.

In 1845 Dr. Halsey's Pills were first made known to the public, under the denomination of "Halsey's Sugar-Coated Pills." Their sterling qualities soon gained for them a high reputation, and the annual sale of many thousands soon followed. The great success enabled the proprietor of designing men, who conceived the idea of the manufacture of common Pills, which they coated with Sugar, to give them the outward appearance of Dr. Halsey's, in order to sell them under the good-will Dr. Halsey's Pills had gained by curing thousands of diseases.

The public are now most respectfully notified that Dr. Halsey's genuine Pills will henceforth be coated with

GUM ARABIC,

An article which in every respect supersedes Sugar, both on account of its healing virtues and its durability. The discovery of this improvement is the result of a succession of experiments during three years. For the invention of which Dr. Halsey has been awarded the only Patent ever granted on Pills by the Government of the United States of America.

The Gum-Coated Forest Pills present a beautiful transparent glossy appearance. The well-known medicinal qualities of pure Gum Arabic, with which they are coated, renders them still better than Dr. Halsey's celebrated Sugar-Coated Pills. The Gum-Coated Pills are never liable to injury from dampness, but remain the same, retaining all their virtues in all climates for any period of time, and are perfectly free from the disagreeable taste and nauseating effects of Medicine. In order to avoid imitations and to obtain Dr. Halsey's true and genuine Pills no one but the label of each box bears the signature of G. W. HALSEY.

Remember!!! If you wish to be sure of a medicine which does not sicken that loathing poison, Calomel or Mercury, purchase **HALSEY'S GUM-COATED FOREST PILLS,** and avoid all others.

If you desire a mild and gentle purgative, which neither generates nor gives rise to griping, ask for HALSEY'S PILLS.

If you would have the most concentrated as well as the best compound Vegetable *Extract* in the world for purifying the blood, obtain Dr. HALSEY'S PILLS.

If you do not wish to fall a victim to dangerous illness, and be subjected to a Physician's bill of 50 or 60 dollars, take a dose of Dr. HALSEY'S PILLS as soon as unfavorable symptoms are experienced.

If you would have a Medicine which does not leave the bowels costive, but gives strength instead of weakness, procure HALSEY'S PILLS, and avoid Salts and Castor Oil and all common purgatives.

Parents, if you wish your families to continue in good health, keep a box of HALSEY'S PILLS in your house.

Ladies, Dr. HALSEY'S PILLS are mild and perfectly harmless, and well adapted to the peculiar delicacy of your constitutions. Procure them.

Travellers and Mariners, before undertaking long voyages, provide yourselves with Dr. HALSEY'S PILLS, as a safeguard against sickness.

☞ General Depot for Halsey's Forest Wine, No. 253, Green Street, New York. One Dollar per bottle, or Six Bottles for Five Dollars. Twenty-five Cents per Box for the Pills.

For Sale by Wm. Lyman & Co., and all respectable Druggists.

December 26, 1850. 272

COMFORTABLE PRIVATE ACCOMMODATIONS.—Mrs. ROY, No. 7, St. Henry Street, can accommodate, on the 1st of May ensuing, a few Single Gentlemen with Board and Lodging, on reasonable terms. She will be happy to receive also a few Day-Boarders. Her Rooms are pleasantly situated, and her Table will be supplied with the best the Market affords.

Montreal, April 4, 1851. 315

R. R. R.

THE PROPHECY FULFILLED.

IN the month of August, 1849, we promised to the world that we would introduce a remedy that would instantly stop the most severe pangs of pain, and speedily cure

RHEUMATISM.

We proposed to Hospitals, and all other Institutions for the relief of the sick; to Physicians, Surgeons, and all Druggists of the United States of America, that our Family Relief for their several purposes, and to illustrate its merits and unlimited power over pain since the publication of the same, we will say, in a few minutes, the most severe case of Cramps and Pains in the stomach, bowels, or any other part of the human frame, the Cholera—that is in a few minutes it would stop the most violent, cold, and bilious body, to warmth, vitality, and vigor.

Third is a few minutes it would relieve the most extreme pains in the bowels, that in fifteen minutes it would stop the most violent and diarrhœa that ever existed, and in twenty minutes to a certain and restoration of the body; that it would positively relieve the most severe and dangerous case of Dysentery in from fifteen to thirty minutes.

That it would in an almost minutes the most severe case of Neuralgia or Tic Douloureux, and permanently cure this excruciating affection. That it would stop the most wearying tooth-ache in a few minutes.

That it would relieve all Rheumatic pains in fifteen minutes, and cure many Chronic cases of Rheumatism in a few hours.

That it would prevent a miscarriage occurring and relieving sufferers over all pains originating from Rheumatism, Neuralgia, Nervous, and Bilious complaints, and that the patient suffering the most excruciating torments, would find relief from the first dose in a few minutes.

That it would be sanctioned by the publication of our discovery. The world was startled at the publication of our discovery. The sick and afflicted hoped yet, feared that, like other remedies, it would cure quicker on paper than by practical experiment; thousands were now suffering with the most excruciating pains, that in a few minutes would be relieved, and restored to health. So with the sufferers of Neuralgia, Sick and Nervous Head-Ache, Chill Fever, Diarrhœa, Cramps, Spasms, Cholera Morbus, and, in fact, all pains, Sick and Burning Acute complaints, were suddenly relieved from their tortures, and restored to health. Its fame spread from city to city; the people scanned its wonderful virtues far and wide, and the earth had run its yearly course.

FIVE MILLION BOTTLES WERE SOLD!

In every town in Maine, New Hampshire, Vermont, Rhode Island, Massachusetts, Connecticut, New York, and Ohio; in Michigan, Wisconsin, Illinois, Indiana, Missouri; the people have tested its merits, and pronounced it a surprising agent against disease, and a quick antidote for all pains. In New Jersey, Pennsylvania, Virginia, Maryland, Delaware, the Carolinas, Georgia, Alabama, and Louisiana the every town in each State it has made friends, and proved its efficacy.

TO THOSE WHO KNOW NOTHING OF IT.

If you are unacquainted with the merits of Radway's Ready Relief, and if you reside in either of the States above mentioned, we refer you to the Druggists, to Physicians, and the People. Take a bottle of it to any Akiful Physician, let him test it, we will risk its reputation with him.

One drop has frequently cured the most tantalizing Tooth-Ache.

Forty drops, taken three times per day, will cure Sour Stomach.

Sixty drops, taken four times per day, will cure Weakness and Debility.

Fifteen drops, taken every ten minutes, will cure Diarrhœa.

Thirty drops has, in fifteen minutes, stopped the Sick Head-Ache.

Sixty drops, taken every twenty minutes, has cured Cramps, Spasms, &c.

Thirty drops has, in fifteen minutes, cured Tic Doloreux.

Sixty drops has, in twenty minutes, stopped the pains of Neuralgia.

Thirty drops has, in fifteen minutes, cured Chills and Fever.

Thirty drops has, in fifteen minutes, cured Cholera Morbus.

One application externally has stopped the most painful Rheumatic affliction, and cured Sprains, Bruises, and Burns.

Three applications has cured the Rash and Tetter.

Three applications has cured Pimples and Blotches.

Six applications has cured the Itch.

Three applications has cured the most painful Swelling.

Six applications, in twenty-four hours, cured Curved Spine.

One application, in 15 minutes, cured the Lumbago.

SOLEMN TRUTH.

Reader, do not reject the statements on account of the above assertions, we state only what it has done, what we know it will do. Therefore, if you suffer pain, give it a trial, and our word for it, you will become a firm friend of Radway's Ready Relief.

Price of Radway's Ready Relief, 50 and 25 cents per bottle.

BEAUTY.

Complexion richly tinted with the bloom of health,
With skin as pure and fair as purest marble—
Not pock-marred as the fragrant rose is not,
It has no sound and white as alabaster,
Breath of sweetest fragrance, and lips of coral tint,
With flowing ringlets and glossy locks,
Luxurious in-ness dancing gracefully over the swan-like neck.

No dark repulsive spots, to mar the pleasing picture,
Or to cast dull shadows over beauty's master piece.

RADWAY'S MEDICATED SOAP.

Composed of the most delicious, rare and fragrant gums, Of extracts, oils, and balsamic properties—

Possessing wonderful virtues in healing diseases,
To the complexion it imparts beauty.
By cleansing the skin from all eruptive matter,
By which all poisonous humors are ejected,—
And a healthy action to the skin restored.
To the teeth, it gives whiteness and prevents decay,
It makes the skin soft, sweet and smooth,
Transforms the most repulsive, and disfigured visage,—
To a clear and beautiful complexion.

RADWAY'S CIRCASSIAN BALM.

Imparts nutriment to the hair, and luxuriant,
Makes it strong, glossy, rich and luxuriant,
Cleanses the scalp from dandruff,—gives action to the bulbs—
Fastens the hair upon the scalp, and forces it to grow—
Like gums to a leaky barrel, it makes it rich and productive,—
To dress the hair, makes it smooth and glossy,—
Strong and beautiful, a few applications.

Radway's Circassian Balm is the "ne plus ultra."

PRICE 25 CENTS PER BOTTLE.

RADWAY & CO., Practical Chemists,
For Sale in Montreal by Wm. Lyman & Co.,
A. Urquhart, R. W. Rexford, and P. E. Picault.
Montreal, May 17, 1851. 336

KEATING'S COUGH LOZENGES.

A CERTAIN REMEDY for disorders of the Pulmonary Organs—in Difficulty of Breathing—in Reckondency of Phlegm—in Impliant Consumption—(of which Cough is the most positive indication)—in Hoarseness, Colds, Coughs in the Throat, and in Winter Coughs, they have never been known to fail.

KEATING'S COUGH LOZENGES are free from every deleterious ingredient by which many, therefore, be taken at all times without the least fear of injury. They are recommended by the most eminent Medical Faculty and by the Profession generally, while the Public Speaker and the Professional Singer will find them invaluable in allaying the hoarseness and irritation incidental to vocal exertion, and consequently a powerful auxiliary in the production of melodious tones.

Prepared and Sold, in Boxes, 1s. 1½d., and 2s. 9d., and 4s. 6d.; and in Tins, 10s. per dozen, by THOMAS KEATING, Chemist, &c., No. 79, St. Paul's Church Yard, London.

Sold Retail by all Druggists and Patent Medicine Venders in the Kingdom.

N. B.—To prevent spurious imitations, please to observe that the words "*Keating's Cough Lozenges*" are engraved on the *Government* Stamp of each Box.

IMPORTANT TESTIMONIALS.

Copy of a Letter from "Oxford Student," (the well-known Author on "Gout and Rheumatism.")

LINCOLN'S-INN HOUSE, NEAR WHITECHAPEL,
London, October 31, 1846.

SIR,—I cannot resist informing you of the extraordinary effect I have experienced by taking only a few of your LOZENGES. I had a cough for several weeks, which baffled all that I have prescribed for me; and yet I feel completely rid of it by taking about half a small box of your Lozenges, which I find are the only ones that relieve the cough without deranging the stomach or digestive organs.

I am, Sir, your humble servant,
P. HAWKER.

To Mr. KEATING, 79, St. Paul's Church Yard.

WILLIAM STREET, EAST INDIA ROAD,
Poplar Now Town, Nov. 6th, 1846.

SIR,—I conceive that it is my duty, from the confirmation of a proper sympathy for the afflicted, by informing you of the very decided and extraordinary relief which I have obtained from the use of your Cough Lozenges. I was for some days confined with a distressing cough, with a difficulty of breathing. Accidentally hearing of your Lozenges, Mr. Kemish, of Medical Institution, Christ Church Road, Poplar New Town, by which I am now perfectly cured, and beg to return many thanks, and am,

Sir, your obedient servant,
CHARLES WOOD.

To Mr. KEATING.

CHURCH STREET,
Folkestone, November 28, 1846.

SIR,—Having been troubled with a very bad cough for the last eight months, I applied to Mr. Hammond, Chemist of this town, for some relief; he recommended me to try a box of your COUGH LOZENGES, which, I am happy to say, cured me in a week. I beg most cordially to recommend them, and hope you will not hesitate to make this letter public; such was the relief I experienced for me shall ever recommend them. I have the honor to be,

Sir, your obedient humble servant,
JOHN HILL, Esqr.

To Mr. KEATING.

MEDICAL WAREHOUSE,
Ballon, N. S., August 19, 1846.

SIR,—In mentioning the receipt of your Cough Lozenges with which I was favored by Mr. Rawes, we are gratified in being able to inform you that they have given very general satisfaction here, (Second Island) and quickly gained both Wholesale and Retail. COUGHS AND COLDS (of which the increasing demand is a sufficient evidence). We shall, probably, require for the Winter a further supply of POETT OR'S POET BOMBS, which you can forward per steamer, addressed by one of the Canada Steam Packets, via Liverpool, for

Yours respectfully,
NORTON & Co.

To the Proprietor of Keating's Cough Lozenges,
79, St. Paul's Church Yard, London.

Sold, in Boxes, at 1s. 1½d. each, by the following Agents:—

MONTREAL—Messrs. Jno. Gilmour & Co., and Wm. Lyman & Co., Druggists.
QUEBEC—Messrs. Jones, Bowles & Co., and Jno. Musson & Co., Druggists.
TORONTO—Messrs. Maloney & Co., and Lyman, Kerr & Co., Druggists.

N. B.—Directions in French, if required.
Montreal, November 19, 1850.

MOST IMPORTANT

To Farmers, Housekeepers, and others, having Store-Houses, &c., infested with Vermin or Insects.

SMITH'S EXTERMINATOR

FOR THE ENTIRE EXTERMINATION OF

Rats, Mice, Cockroaches, Beetles, Crickets, Ants, &c,

Without the use of Arsenic or other Mineral Poisons.

The Genuine Article has a Label, similar to the above, pasted on the top of each Box.

The following TESTIMONIALS, from parties of high respectability, will place its efficacy above suspicion:—

Quebec, 9th March, 1848.

SIR,—My premises have been infested with Rats for several years, and I have tried various means to rid myself of the nuisance, without success. Having been strongly recommended SMITH'S EXTERMINATOR, I have much pleasure in testifying that in one hour has been perfectly successful in the total destruction of the Rats with which my place abounded, and that without the least inconvenience.

BENJAMIN HART.

Montreal, November 25, 1849.

I hereby certify, that by using SMITH'S EXTERMINATOR it has perfectly succeeded in ridding the College Premises of Cockroaches, Crickets, and such like disgusting Insects, which were before very numerous.

S. VILLENEUVE,
Director of Montreal College.

Montreal, April 20, 1849.

From the Rev. B. Davis, D. D., Minister of the Baptist Church, Montreal.

I can most willingly bear testimony to the good effects of SMITH'S EXTERMINATOR. I found my present dwelling over-run with Beetles; the exterminator was applied in efforts to abate it, until this preparation was applied. One Box has sufficed to exterminate the insects almost entirely from the house. Similar cases of great benefit have occurred in my neighborhood.

BENJ. DAVIS.
4 Sydenham Place, Montreal, Nov. 15, 1849.

This preparation is warranted in all cases; and Agents are instructed to *refund the money* to purchasers, should it not prove effectual.

Sold, Wholesale and Retail, at the principal Drug and Medicinal Warehouses throughout the Province.

May 21, 1851. 340

ELEGANT AND INVALUABLE ARTICLES FOR THE TOILET.

BOGLE'S HYPERION FLUID,

FOR RESTORING, PRESERVING, AND EMBELLISHING THE HAIR.

The following Certificate, from Dr. Winslow Lewis, one of the most eminent Physicians of Boston, will show the estimation in which it is held by the scientific and learned, being one only of many similar ones.

Boston, Feb. 15, 1847.

Mr. WM. BOGLE.—Sir,—The preparation invented by you for the hair, has been extensively used in my family; and they give it the decided preference over all other compositions of the kind. It invigorates and beautifies the hair, and cleans the skin of all impurities, without producing any ultimate deleterious effects. I have also frequently the result of many well-known patented compounds.

WINSLOW LEWIS.

It is an indispensable article for the Ladies, as it keeps the hair in place and curl, and the skin or parting of the hair free from dandruff and scurf. For children, it lays the foundation of a good head of hair.

BOGLE'S AMOLE,

A COMPOUND FOR SHAVING.

This delightful article is totally different and far superior to anything yet invented for shaving. The "Amole" of California is derived from the *Amole*, or "soap plant," of California. an article used by the natives of that country for washing; and thus the use of strong alkali, so hurtful to the skin, is avoided. Its vegetable combination produces the most soothing and nourishing effects on the skin,—it soothes and allays irritation, and has a fine, thick, creamy lather, which does not dry on the face. It is a decidedly luxury to shave with this incomparable article. It is done up in elegant style, calculated either for the dressing case of the "rough and ready" traveller, or the toilet of the most fastidious connoisseur.

BALDNESS CURED.

The following is from Sumner F. Barrett, Saratoga Street, East Boston.

EAST BOSTON, Feb. 8, 1847.

Mr. William Bogle,—Dear Sir: For several years past, my wife has been troubled with baldness on the Crown of the head, almost all other parts being covered with hair. After repeated failures of other so-called remedies, and by the advice of friends, she was induced to use your Hyperion tea a week, for the purpose of bathing her head and hair, and I am happy to say that its effect has been to cause the hair to grow all over the part affected. She has used only two bottles, and that very irregularly; but she used it sufficiently to show that it was the cause of the growth of the hair would have been accelerated. I am, Sir, yours respectfully, SUMNER F. BARRETT.

BOGLE'S HEBEAINA,

FOR REFRESHING AND BEAUTIFYING THE COMPLEXION.

Eradicating Tans, Pimples, and other eruptions of the skin, and rendering it fair, delicate, and blooming. It is equally efficacious in protecting the skin from the heats of summer, and frosts of winter, and is the most important and delicious article to be found at the toilet of fashion.

All the above articles have stood the test of the strictest investigation, and are WARRANTED superior to anything yet invented.

WILLIAM BOGLE, Proprietor,
377, Washington St., Boston.

AGENTS FOR CANADA:—Wm. Lyman & Co., Montreal; J. B. Musson, Quebec; R. Love, Toronto.

SCROFULOUS AFFECTIONS, &c.

In all those distressing and prevalent cases, there is no question regarding the efficacy of this Medicine, as eminent Physician of this city, writes as follows:—

Dr. Sherwood's Galvanic Embrocation.—I myself as the result of all remedies in Scrofulous affections. One of my children, a daughter of 5 years old, was afflicted with a very inveterate and protracted Scrofulous affection, which had continued its ravages nearly two years, various remedies were tried but without effect. The disease exhibited itself in several deep-seated ulcers the discharge from which was scrofulous and very offensive. At last only one remedy was left untried, the treatment with Dr. Sherwood's Galvanic Embrocation—the only remedy used in connection, was a decoction of Sarsaparilla, which completely conquered the disease, and a complete cure was effected.

Society at large is indebted to William Bogle, 377 Washington Street, for a series of the most unexceptionable toilet articles,—the result of his inventive research. His Hyperion Fluid is extensively used, and stands at the head of the list of preparations for strengthening and beautifying the hair; his Amole, for shaving, is decidedly the greatest assistant in combining ease with it; and his Hebeaina, for the complexion, is unrivalled in its beneficial effects. Sold by the inventor as above.—*See Adv.* 339

STRONG RECOMMENDATIONS.

Regarding the effects of Dr. Sherwood's Galvanic Embrocation, a distinguished Physician of New York converses as follows:—"The extraordinary rapidity with which this Galvanic Embrocation is commanding the confidence of the most intelligent members of the Profession, seems to warrant the conclusion, that it will ultimately effect its own triumph, with a difficulty of breathing. Accidentally hearing of your Galvanic Embrocation, I procured a bottle for the benefit of my patient, Mr. Kemish, of Medical Institution, Christ Church Road, Poplar New Town, by which I am now perfectly cured, and beg to return many thanks, and am,

Sir, your obedient servant,
CHARLES WOOD.

To Dr. SHERWOOD.

DR. SHERWOOD'S GALVANIC EMBROCATION,

NEW YORK.

THIS GALVANIC EMBROCATION is an unequalled remedy for Rheumatism, Gout, Pains in the Head, Face or Limbs, Tic Douloureux and Sciatica, Pains in the Joints, Sores, Pimples, Blotches or Ringworm, Sore Throats, Quinsy, Piles, Sprains or Bruises, Stiffness of the Joints, Numbness, Chilblains, Frozen Limbs, Sore Nipples, Ring Worms, White Swellings, Diseases of the Skin, Eruptions, Coughs or Tender Feet. It is likewise a certain remedy for Scrofula, Scurvy, Chilblains, Erysipelas, Salt Rheum